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Advances in Sources, Extraction, Encapsulation, Bioavailability and Health Benefits of Functional Food Ingredients

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Message from the Guest Editors

Functional foods have increasingly gained a attention in recent years due to their potential to provide health benefits beyond basic nutrition. This Special Issue focuses on advances in the sources, extraction, encapsulation, bioavailability, and health benefits of functional food ingredients. Furthermore, it explores their potential health benefits, such as anti-inflammatory, antioxidant, antimicrobial, and anti-cancer properties.

Experts in the field have contributed their latest research findings on the identification and extraction of bioactive compounds from various sources, the development of novel encapsulation methods to improve the stability and bioavailability of functional food ingredients, and the evaluation of their health benefits using in vitro and in vivo models.

The Special Issue aims to provide a comprehensive overview of recent advances in functional food ingredients and their potential applications in promoting human health and preventing chronic diseases. This research has the potential to make a significant impact on the food industry and public health, as it provides valuable insights into the development of functional foods with enhanced health benefits.



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Special Issue



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Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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